

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS CONFERENCE 2019 HIGHLIGHTS EDITION

It was another great year... Great Attendance where we could meet new people to network and learn fabulous new ideas...great keynotes that gave us new perspectives and ideas to ponder and inspire us... and great presenters that provided valuable information and taught valuable skills to help attendees grow and improve the services they provide in psychiatric rehabilitation. A BIG THANKS to all that attended and participated in this year's Conference!

PAPRS

www.paprs.org

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SAVE THE DATE!
PAPRS Conference 2020
May 27-29, 2020

PAPRS

132 Raymond Drive

Johnstown, PA 15909

Phone: 717-655-7662

Email: tricia.fisher@paprs.org



Your Board at Work

Getting ready for Conference 2020

"Name to be Determined"

Greeting our Keynote Speakers

- To be determined
- To be determined
- To be determined

Scheduled Sessions

- To be determined

Did you ever want to see what happens behind the scenes?? Want to help us fill in the blanks??? Please reach out to Jen McLaughlin (mclaughlinj@csgonline.org) or Maureen Walsh (mwals1@allied-services.org) to learn more about how you can help be a part of next year's conference... We look forward to it!



Using Cvent to track your CEUs

We tried something new this year, with regards to getting your CEUs, hoping this saved time and reduced your need to keep track of signing in and out of sessions. Although there might have been a bump or two with the new process, overall, the feedback was positive and processing for CEUs was much more efficient. Thank you for your patience with the new system, we greatly appreciate your support!

2019 Award Winners



Gary Perch was the winner of the 2019 *Distinguished Practitioner Award*. This award is to honor an individual who has demonstrated a commitment to the principles and ethics of psychiatric rehabilitation in their work with persons in recovery. Nominations are open to mental health direct care and/or supervisory staff who are either an individual member or work for an organizational member of PAPRS/PRA.



Jennifer Gordon was the winner of the 2019 *Distinguished Advocate Award*. This award is to honor an individual who has advocated for the inclusion of psychiatric rehabilitation services in their organization, county, region, and/or the Commonwealth of Pennsylvania. Nomination for this award is open to mental health staff, persons in recovery, family members and public administrators.



Ellwyn Andres was the winner of the 2019 *Distinguished Career Award*. This award is to honor an individual who, throughout their career, has effectively promoted the development and implementation of psychiatric rehabilitation services in Pennsylvania. Nominations are open to members of PAPRS who are credentialed in Psychiatric Rehabilitation, and have no less than 10 years experience in psychiatric rehabilitation.



Workabilities Clubhouse, a Community Support Group program, won the 2019 *Outstanding Program of the Year Award*. This award is to honor an agency or program within an agency, which operates psychiatric rehabilitation that effectively meet the needs of persons in recovery. Nominations for this award are open to Psychiatric Rehabilitation agencies or programs that have been in operation for no less than 3 years and are organizational members of PAPRS/PRA.



**Psychiatric Rehabilitation Association &
Pennsylvania Association of
Psychiatric Rehabilitation Services**

Rita Cisneros Memorial Scholarship

This memorial scholarship honors the legacy and work of Rita Cisneros. Rita was an advocate from the Central Region of PA. Rita had a passion and joy for advocating not only for the LGBTQI community and people of color, but for anyone suffering discrimination. Her warm and genuine presence could bring a room full of diverse people together in minutes. She consistently celebrated the beauty of diversity in her life and shared it with other making a difference in many PA communities. The 2019 recipient was Heather Covert.



[[[[[[SLIDESOME FUN]]]]]]



We had some fun between sessions this year, by showing some of the photos that people were posting on our Facebook page... from excellent sessions to delicious food to fabulous friendships and everything in between... AND it wasn't just for fun! Random winners were chosen at each of our Keynotes and at the Awards Luncheon and awarded a Starbucks gift card. Here is one of our winners!

**Pennsylvania Association of
Psychiatric Rehabilitation Services**

WINNER WINNER WINNER WINNER WINNER WINNER WINNER WINNER WINNER

Lucky chance-takers were all present for this year's conference, noted in the photos below.



WINNER WINNER WINNER WINNER WINNER WINNER WINNER WINNER WINNER

I Just Know I Failed...

Equipping your staff to take the CPRP Exam

by Gabriel Magill

The thing we heard most often from our practitioners following their CPRP exam was, “I know I failed it.” That comment has been echoed by every employee we have had sit for the exam, despite many of them having only been out of college for a short time when sitting for the exam. Despite past academic prowess, the unifying theme was that practitioners never felt prepared. We thankfully have never had a practitioner fail, despite their sense of dread, but it did raise our awareness to the fact that no one felt ready when it came time to take the CPRP exam. We decided as an agency that the best way to address this issue was to develop an internal preparation process that would equip our practitioners for their exam and give them the sense of preparedness that seemed to be lacking.

As our leadership team evaluated the best way to prepare our practitioners for the exam, it was readily apparent that our practitioners exemplified the values and principles of the psych rehab model. We knew we did not have to reteach them the skills of psych rehab, as the fault was not in the expertise of our staff or their application of the model. It seemed the common area of struggle was taking the *art* of the work and translating it into a *science* that could then be tested. Our practitioners were being asked to take what they did intuitively through their relational work with the people we serve and name it. It seemed then that the best way to prepare our practitioners was to give them the language they needed to talk about their work in an exam.

We did this through a short series of internal trainings that reviewed the principles, values, and ethics of the psych rehab model and how we see them manifested in our program. These sessions helped provide a framework for our decision-making processes and named the guiding principles that undergird our work, promoting the values that comprise our understanding of recovery. After completion of these sessions, we had each participant complete a hundred question practice exam which we then reviewed as a group. This gave the practitioners an opportunity to discuss the reasoning behind their answers and process through this skill of translating the art of the work into a language of science. This practice exam served the dual purpose of giving them an example of the exam experience along with demonstrating their readiness to pass the exam. This simple preparation has greatly increased the confidence of our practitioners around sitting for the CPRP. In having walked through this preparation process with several groups already, there are several tips I would offer to any program wishing to create their own internal preparation process for the CPRP exam. *(CONTINUED)*

I Just Know I Failed...*(continued)*

First, create a firm foundation of evidenced-based practices through ongoing training. We have found that sending our practitioners to trainings around such evidenced-based practices as Motivational Interviewing, Stages of Change, and WRAP is invaluable in shaping the person-centered mindset that permeates the psych rehab model. Introducing your practitioners to these practices throughout their first year and reviewing these practices regularly in supervision and group trainings can equip them early on with the knowledge base they need to speak intelligently about the union of the psych rehab model with these skills.

Secondly, it is important to address the anxiety that an individual's score on the exam is a direct reflection on their skill as a practitioner. Many of our best practitioners are terrible test takers. They are unconsciously competent around the work that they do, motivated by a person-centered worldview that naturally produces the skills taught in the psych rehab model. It is beneficial for practitioners to hear that their value to their agency is not determined by how well they take tests.

Finally, make it understood you are preparing your practitioners to pass the exam, not to ace the exam. Our work is an art, and that will always make translation of our work into a testable format imperfect. No matter how well you know the model, there will always be questions that take a different approach than you would, or an answer that could be correct depending on certain circumstances. The goal of preparing practitioners to take the exam is for them to be competent enough in the model that they can become certified. A 71% is just as much of a success as a %100. Take the pressure off of your practitioners to get top marks.

We believe the implementation of such simple steps have greatly impacted the readiness of our practitioners to become certified. Our hope is that more agencies can feel equipped to take a hand in preparing their own practitioners for certification. Let's give our practitioners the hand up they need to test with boldness.

Pennsylvania Association of Psychiatric Rehabilitation Services

Upcoming Continuing Education Opportunities

Foundation for Recovery-Oriented Psychiatric Rehabilitation Services

This two day, 12 hour orientation provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more.

This course is approved by OMHSAS and fulfills the licensure requirement that ALL staff in a psychiatric rehabilitation program complete a 12 hour PR Orientation. You must attend the full 12 hours in order to obtain your certificate. (55 PA Code Chapter 5230.56)

July 16 & 17, 2019 9:00am -4:30pm Scranton, PA
August 8 & 9, 2019 9:00am-4:30pm State College, PA

This Course is approved for CPRP Credits!

Course FEE:

PAPRS/PRA Member- \$250

NON Member-\$300

If you work for an Organizational member of PRA/PAPRS and are NOT able to choose the member rate, please consult your agency's primary contact person who can add you to the membership BEFORE you complete registration.

Fee includes 2 days of training, handout materials, and light refreshments.

PR Services Documentation:

Skills that Work for Regulators, Payers, and People in Services

This 12-hour skills-based course is designed to enhance practitioners' skills in documenting Psychiatric Rehabilitation services. Developed in collaboration with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), the course concentrates on documenting functional assessments, rehabilitation plans and daily entries that meet the requirements of PR Regulation 5230. The instructor will also demonstrate how a comprehensive strength based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities

Sessions for this course will be held on:
July 23 & 24, 2019 9:00am to 4:30pm Scranton, PA

Learning Objectives:

- Identify the purpose of and the necessary components of a functional assessment
- Demonstrate skills in writing a functional assessment
- Identify the purpose of and the necessary components of an Individual Rehabilitation Plan
- Demonstrate skills in writing an Individual Rehabilitation Plan
- Identify the purpose of and the necessary components of a Daily Entry
- Demonstrate skills in writing a Daily Entry

This Course is approved for CPRP Credits!

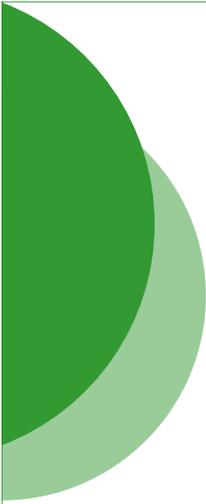
Course FEE:

PAPRS/PRA Member- \$250

NON Member-\$300

Please visit www.paprs.org to register today!





**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

Trainings On The Road

Yes... we hit the road and come to you, to help you and your team get the training and continuing education units you need to maintain your certification and provide excellent psychiatric rehabilitation services. Check out some of the great trainings we can bring to you!!

Engagement Skills in the Psychiatric Rehabilitation Process

This one day, 6-hour training provides an opportunity to develop professional helping skills. The foundation topics include developing basic helping skills, stages of the helping process, integration of Motivational Interviewing techniques, and transitioning through the phases of the psychiatric rehabilitation process utilizing engagement skills. This training will provide CPRP and CPS credits.

Ethics & Boundaries in Recovery-Oriented Services

This 6-hour course is designed to address every day ethical challenges in recovery oriented services. Ethical dilemmas put practitioners at risk to make unprofessional decisions that may negatively impact individuals served as well as jeopardize the integrity of the service system. Faced with increasingly demanding and complex situations, this institute will walk participants through an ethical decision-making process and the practical application of recovery oriented Codes of Ethics.

PR Services: Documentation Skills That Work for Regulators, Payers and People in Services

This 12-hour skills-based course is designed to enhance practitioners' skills in documenting Psychiatric Rehabilitation services. Developed in collaboration with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), the course concentrates on documenting functional assessments, rehabilitation plans and daily entries that meet the requirements of PR Regulation 5230. The instructor will also demonstrate how a comprehensive strength based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities.

Introduction to the Boston University Psychiatric Rehabilitation Process

This course provides an overview of the process of psychiatric rehabilitation as described by Boston University, Center for Psychiatric Rehabilitation. The following topics will be covered: BU Practice and Recovery Principles, the three phases in the process of psychiatric rehabilitation, the major components of the Boston University Approach, and the practitioner tools and resources that are available through Boston University's Center for Psychiatric Rehabilitation. The course describes the practitioner skills involved in assisting an individual in "Setting an Overall Rehabilitation Goal" and demonstrates two of the steps that assist an individual to choose a goal in their living, learning, working, or social environment of their choice. Finally, through group activities and exercises, participants will practice the skill of writing an overall rehabilitation goal.

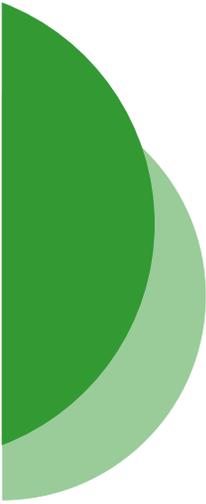
PRS Principles, Values & Practice Domains

This course provides an overview of the core principles and values of psychiatric rehabilitation practice. The principles are implemented through seven practice competency domains that define professionally delivered psychiatric rehabilitation services. This course is intended to provide guidance and support for practitioners who seek a successful CPRP testing experience.

Practitioner Orientation: Foundations for Recovery-Oriented Psychiatric Rehabilitation Services

This two-day, 12 hour orientation provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PRS history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more. This training fulfills the licensure requirement that ALL staff in a psychiatric rehabilitation program must complete a 12-hour PRS orientation provided by an OMHSAS approved training vendor. You must attend the full 12 hours in order to obtain your certificate.

Plus, PAPRS has bought the rights to show the movies CRAZYWISE and HEALING VOICES, and lead a follow-up discussion related to psychiatric rehabilitation services.



**Pennsylvania Association
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Get to know your Board & check out PAPRS's Facebook Page

Throughout the 2019 year, we will be posting information on our Facebook page about each of our current board members, so you can become more familiar with who we are and what we do, as we continue to serve you, our membership, in our efforts to promote psychiatric rehabilitation and competent practitioners within the state of Pennsylvania.

We are always looking for new people to participate in our different committees, bringing new ideas and energy to help support our mission and purpose.

Some of the committees include:

- Conference Committee
- Membership Committee
- Education & Consultation Committee
- Budget/ Business Plan Committee
 - Policy Committee

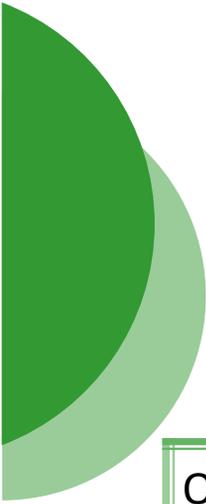


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May 27, 28 and 29, 2020

Annual PAPRS Conference 2020

Penn Stater Conference Center



**Pennsylvania Association
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On June 10 the Office of Mental Health and Substance Abuse Services (OMHSAS) and the Technical Assistance Collaborative (TAC) held a webinar on *Medicaid Funded Housing Transition and Tenancy Sustaining Services: The Role of Psychiatric Rehabilitation Services*.

The webinar brings up to date information for Medicaid enrolled providers of Psychiatric Rehabilitation Services.

Access the recorded webinar at this link.

<https://attendee.gotowebinar.com/recording/4049699636758723842>

[Slide deck for the presentation.](#)



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